THE ONLY CHANCE LEFT TO SAVE A DAUGHTER'S LIFE

Out of options in Canada, Greta Marofke, 3, is forced to go to U.S. to seek treatment

metroNEWS

Ottawa metro

Your essential daily news | WEDNESDAY, MARCH 1, 2017 | High 4°C/Low -8°C Rain

VICKY MOCHAMA

'This photo should render apparent there is no such thing as meritocracy'

metroVIEWS

Answers wanted in scuba death

DOMINICAN VACATION

Ottawa family demand more info from local police

Haley Ritchie
Metro | Ottawa

An Ottawa family is in mourning after a vacation in the Dominican Republic ended in tragedy.

Allen McGuire died on February 22 while scuba diving in the Caribbean country, but his family is still trying to learn details about what went wrong under the water.

The cause of death was asphyxiation, but McGuire's sister-in-law said the family is desperately trying to get more information from local police.

McGuire's wife, Luanna Cappuccino, is still in the Dominican. The family wants access to a copy of the accident report, the waiver McGuire signed and the scuba outfitters' certification.

Cappuccino was told was told that an investigation can't be opened until a coroner's report is completed, which could take three months. She's concerned any evidence of neglect could be gone by then.

"Allen's family deserve to know what really happened," said Cappuccino's sister, Lori Sabourin. "He was a very likable man, everyone liked him. He loved scuba diving, he loved curling, running and cycling."

McGuire and his wife have a blended family, each bringing two children from their previous marriage when they came together nine years ago.

"He bragged about how much he wanted to be a grandfather and how good he would be at it," Sabourin said.

Global affairs spokesperson Austin Jean said Canadian consular officials in the country are in contact with police and providing assistance to Cappuccino.

"We extend our condolences during this difficult time to the family and friends of the Canadian citizen who passed away in the Dominican Republic," he said in an emailed statement. "To protect the privacy of the individual concerned, further details on this case cannot be released."

Sabourin said so far tourist police and local police have been no help.

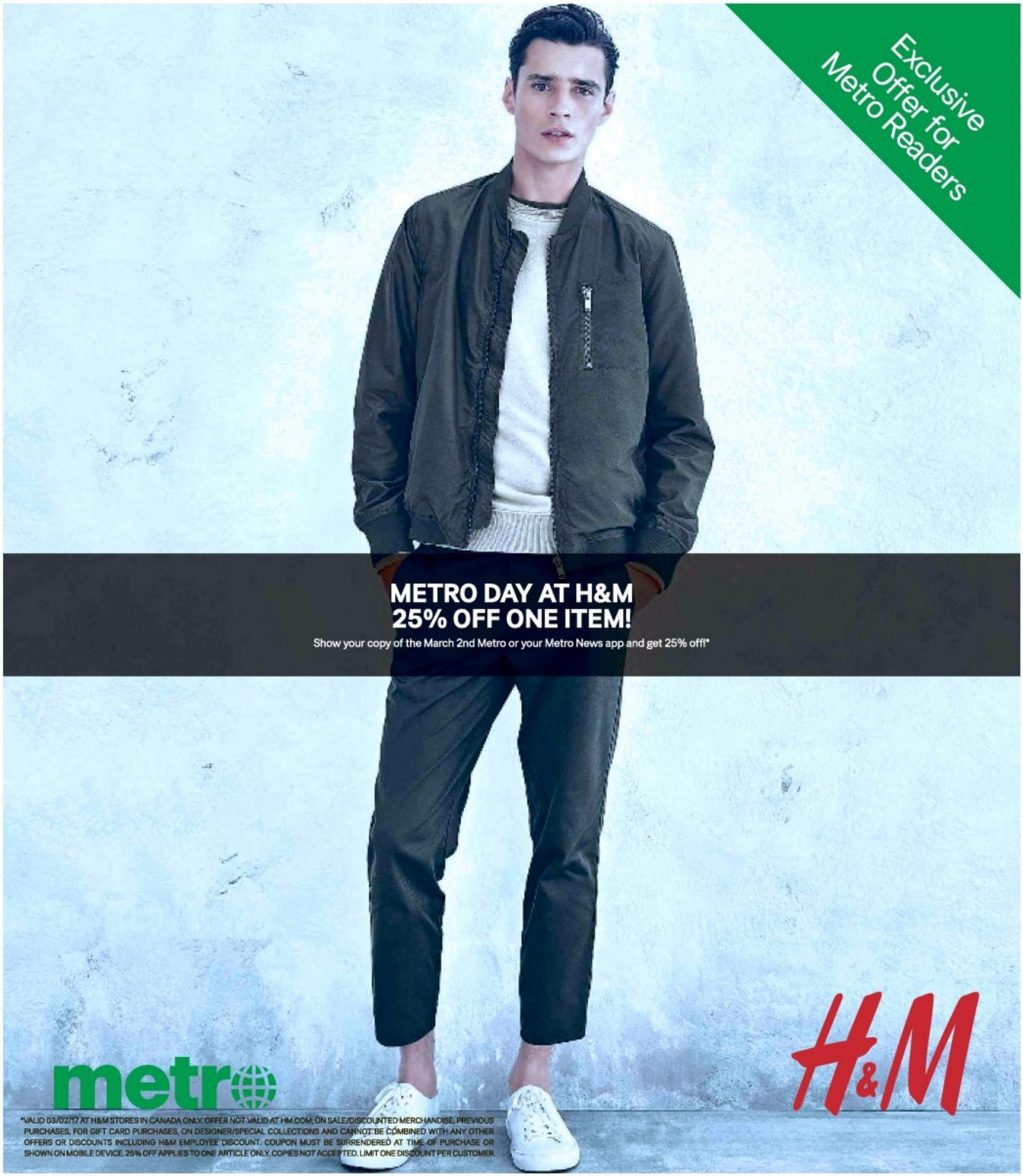
The family has crowdfunded $11,000 to help bring him home and try to access documentation about the accident. Sabourin said donations have come in from around the world, including people the couple met on previous vacations.

Corporal Ashley Turner from 39 Signals Regiment in Kabul, Afghanistan.
COURTESY SGT NORM MCLEAN, CANADIAN FORCES COMBAT CAMERA

NEXT TARGET

The Canadian Forces want to be 25% female in 10 years. Right now, they're not even close. Here's why.

metroNEWS


Exclusive
Offer for
Metro Readers
METRO DAY AT H&M
25% OFF ONE ITEM!
Show your copy of the March 2nd Metro or your Metro News app and get 25% off!*
metro
H&M
*VALID 03/02/17 AT H&M STORES IN CANADA ONLY. OFFER NOT VALID AT HM.COM, ON SALE/DISCOUNTED MERCHANDISE, PREVIOUS PURCHASES, FOR GIFT CARD PURCHASES, ON DESIGNER/SPECIAL COLLECTIONS AND CANNOT BE COMBINED WITH ANY OTHER OFFERS OR DISCOUNTS INCLUDING H&M EMPLOYEE DISCOUNT. COUPON MUST BE SURRENDERED AT TIME OF PURCHASE OR SHOWN ON MOBILE DEVICE. 25% OFF APPLIES TO ONE ARTICLE ONLY. COPIES NOT ACCEPTED. LIMIT ONE DISCOUNT PER CUSTOMER.

metro NEWS

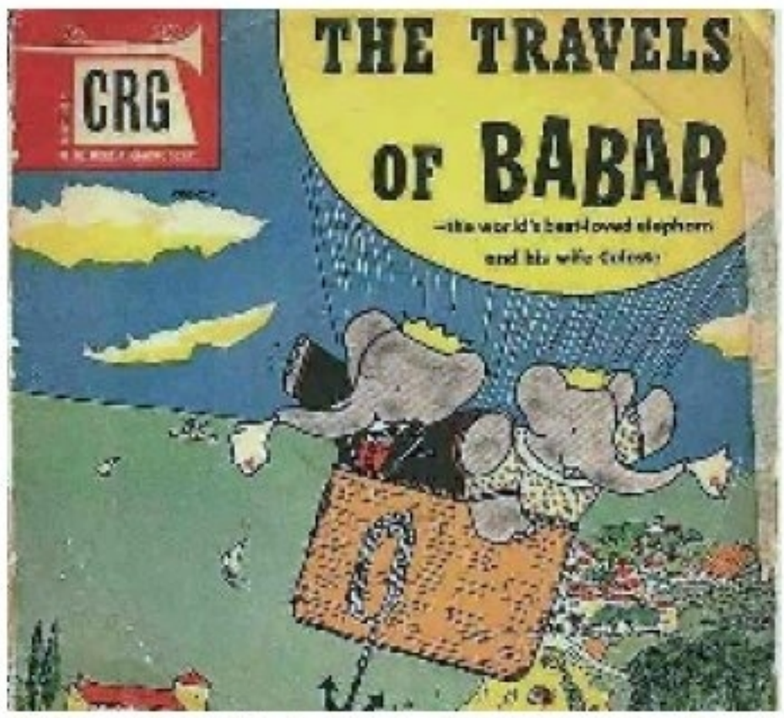
Your essential daily news

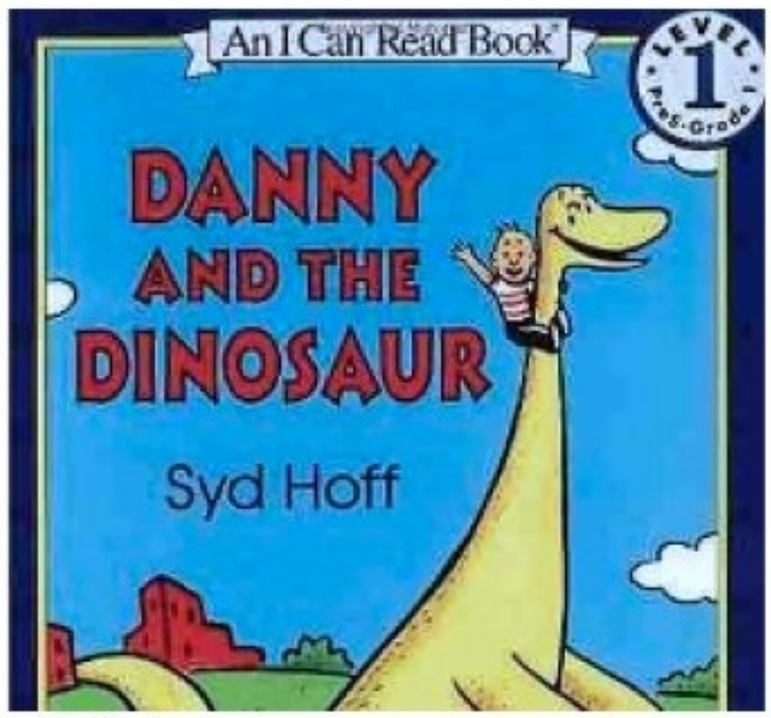
Kellie Leitch takes message to Facebook in unusual video. **Canada**

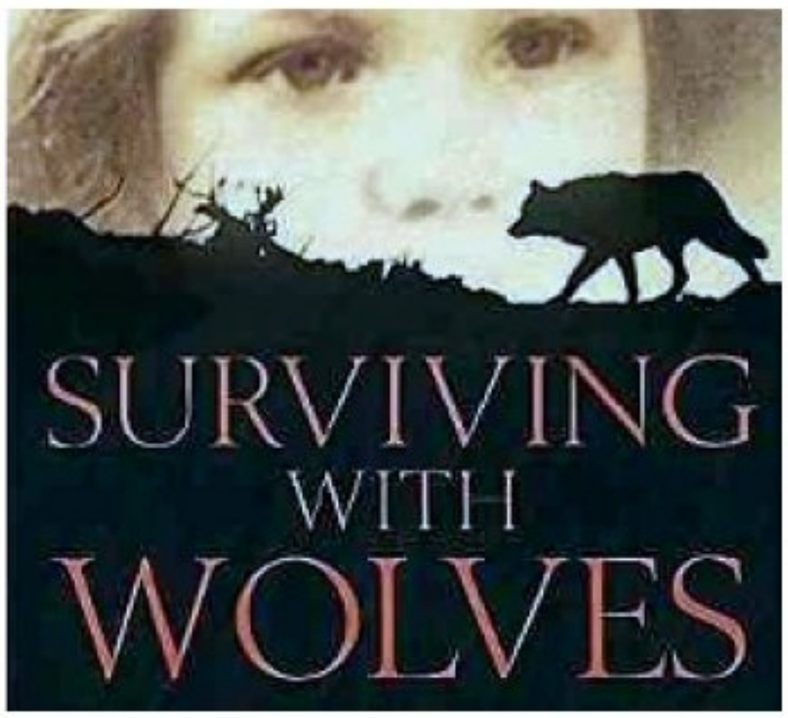
‘The answer is more positive books’

Freedom to Read Week is a national initiative that ‘encourages Canadians to reaffirm their commitment to intellectual freedom.’ Every year in Ottawa library patrons flag books as problematic or outright offensive, in some cases requesting that the titles be removed from the shelves altogether.

RYAN TUMILTY METRO







All three of these titles have been subject of complaints from Ottawa Public Library patrons. CONTRIBUTED

Ottawa libraries get as many as 10 requests a year to pull books from shelves.

Ann Archer, the Ottawa Public Library’s manager of content services, said that such requests are taken seriously but that censorship is avoided as much as possible.

“We stand strongly in favour of providing a variety of material to all sorts of audiences and tastes,” she said.

Archer said many requests are for books to be moved from one section to another. Some of those cases, she said, have revealed the library missed some characteristics of books when they were first acquired.

“Sometimes we slip, sometimes we make a mistake,” she said.

The memoir Surviving with Wolves by Misha Defonesca, for example, was eventually discredited. The library responded to a complaint about it by moving it from non-fiction to fiction.

Recently, Archer said, there have been more requests and complaints related to the portrayal of cultures and identity groups. Le Loup Qui Ne Voulait Plus Marcher, a children’s book by Orianne Lallemand, was one target of such criticism, because of a scene portraying three Indigenous men attacking a train with tomahawks and arrows.

“It’s part of a series that comes from France and I would say France has a totally different view on Indigenous people,” Archer said. “They don’t have the sensitivities ... we now have.”

The Travels of Babar, a famous children’s book first published in 1934, has come to be regarded as culturally insensitive for its depictions of colonial Africa. But Archer said the library views it as an opportunity to show readers the attitudes and prejudices of the time.

“We have kept that because it is reflective of its times,” she said. “Now, when we are choosing our books, we look for much more complex and nuanced views of people and more diversity.”

Archer said pulling books from the shelves isn’t necessarily the best way to address ignorance and outmoded attitudes.

“The answer is more positive books being written,” she said.

Ottawa’s public libraries receive approximately 10 requests annually to pull literature from their shelves.

10

Now borrow up to $15,000 with an Installment Loan.

For pesky bills.

Visit a store for details. moneymart.ca

We can help. Money Mart

Instalment loans offered in select provinces only. Loan principal amounts vary between $1,000 and $15,000 based upon income and other qualification requirements, including a credit check. Loan term is based on the amount borrowed. Loans have terms of 12 to 60 months with payments scheduled based on your income deposit dates at the time of loan origination. The APR for the loans is 59.9%. Ask a Money Mart Customer Service Representative for details. MONEY MART® is a registered service mark of National Money Mart Company. © 2016 National Money Mart Company. All rights reserved.

Army battles bad rap with women

GENDER REPRESENTATION

Sex assault, work-life issues keep them from joining: Survey

Ryan Tumilty
Metro | Ottawa

Concerns about extended deployments, PTSD, sexual assault and an inflexible career are keeping women away from the Canadian Armed Forces, according to research commissioned by the Defence Department.

Earnscliffe Strategy Group was paid $124,000 for the study of attitudes among young women when it comes to enrolling in the forces. Using surveys and focus groups, the firm found that women are just not that interested in joining up.

"Statistically speaking, no women are currently identifying the military as the career of greatest interest. Conversely, the military is the second most common answer when women are asked which career is of least interest," reads the report.

The Canadian Forces has set a target of having the ranks made up of 25.1 per cent women within 10 years. Women make up about 15 per cent of the force today.

The auditor general criticized the forces last fall for not having a strong plan to hit that target, and a new strategy is expected later this year.

Earnscliffe identified some big problems in moving toward that goal, however, with women worried a career in the military wouldn't give them the balance they want.

"Women most want to avoid careers that are physically risky; are deemed to offer poor work-life balance; and options that would require moving far away."

The firm also identified media reports about sexual assault in the forces, PTSD in former troops and a desire to avoid combat among the reasons women wouldn't want to make the military a career.

Maj. Josée Crosby said she hears some of those concerns at the eastern Ontario Recruitment Centre, where she is commanding officer, but assures people there is a way to balance those fears.

"We have the reserve force and the regular force, and if someone is unsure because they don't want to move out of country or from their location where they're serving, we encourage them to look at the reserve force," she said.

She said they're constantly dispelling myths to show work-life balance is possible in the military.

"It's possible to be a woman in the forces. I am one. I have 30 years of services right now. I have a family. I have kids."

> **It's possible to be a woman in the forces. I am one.**
> Maj. Josée Crosby

Private Nathalie Bergeron, of the CC-130 air transport, hugging her daughter goodbye in Trenton Ont. THE CANADIAN PRESS FILE

LOWERTOWN

Hazmat called in by police

Ottawa police called in hazardous-material crews to help with an apartment full of chemicals in Lowertown on Tuesday.

Officers arrived at the apartment Sunday evening to do a wellness check.

"There was an overwhelming odour of chemicals that caused them to notify us," said Det. Sgt. Jeff Pylon with the police drug unit.

He said they won't know if the chemicals were used for drug production until they get tests back from Health Canada.

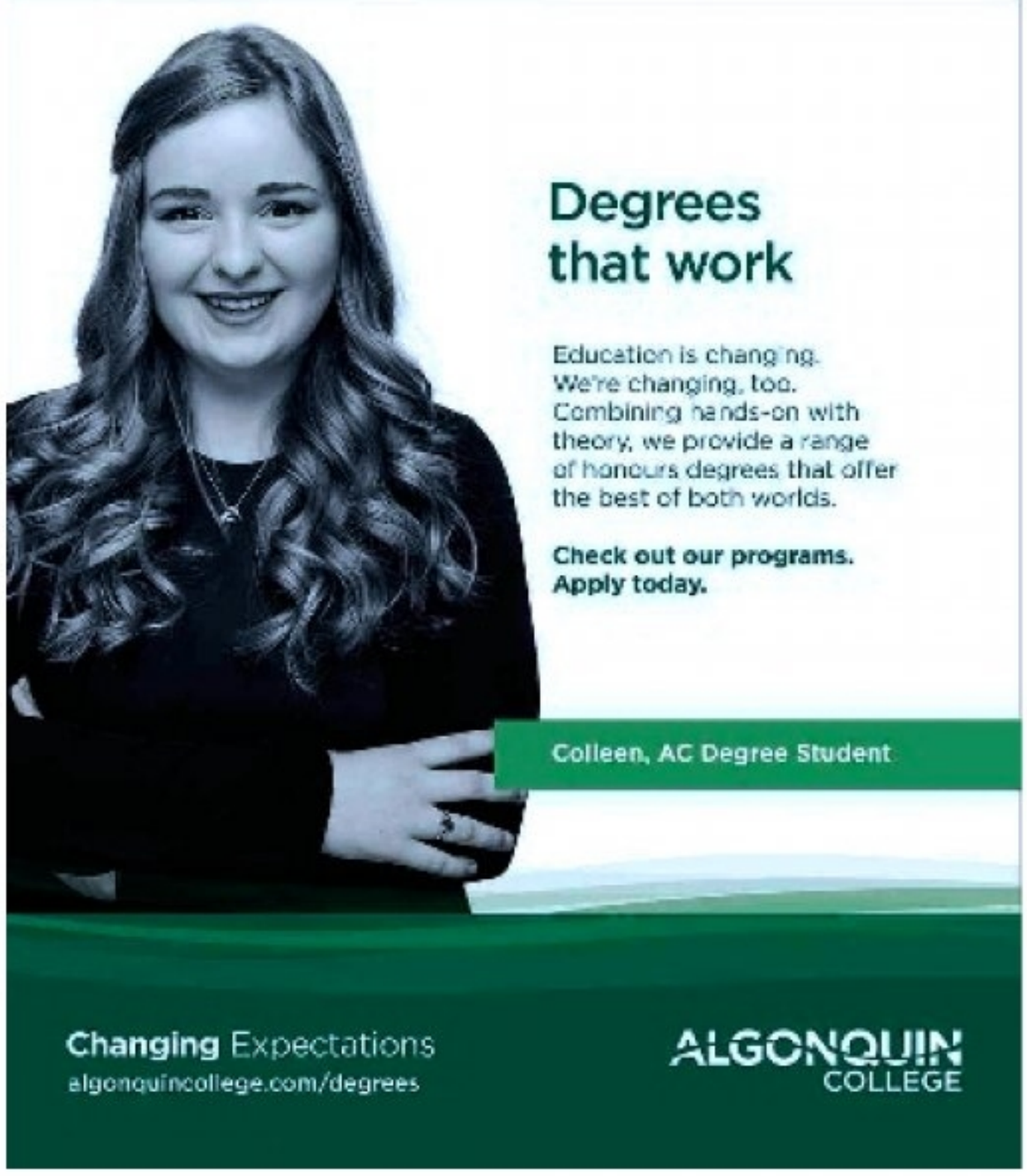
He said they have one person in custody, but no charges have yet been laid.

Pylon said some nearby apartments were evacuated out of an abundance of caution while firefighters and police emptied out the chemicals.

"The apartment was just jam-packed. There was very little room to manoeuvre," he said.

"There was barely enough room for one person to get in."

RYAN TUMILTY/METRO


Degrees that work
Education is changing. We're changing, too. Combining hands-on with theory, we provide a range of honours degrees that offer the best of both worlds.
Check out our programs. Apply today.
Colleen, AC Degree Student
Changing Expectations
algonquincollege.com/degrees
ALGONQUIN COLLEGE

CHARITY

Hydro gives kids' hospital jolt of funding

Alana Thoman
For Metro | Ottawa

Hydro Ottawa's Go Paperless campaign has made a difference for the patients and workers at the Children's Hospital of Eastern Ontario (CHEO).

The 2016 edition of the four-year-old campaign, which encourages customers to ditch paper bills in favour of pre-authorized payments, started in mid-August and lasted through the end of the year. Every conversion to paperless billing triggered a $5 donation to CHEO.

Hydro Ottawa spokesperson Rebecca Hickey said it was the most successful campaign so far, raising $101,805, which will be used to buy 41 new patient monitors.

"We were so overwhelmed with how successful it was, and that really speaks to what a great place CHEO is and how so many people are inspired by the work that they do," she said.

Jessica Cole, a nurse educator in the pediatric intensive-care unit at CHEO, said the new monitors, which provide clinicians with crucial patient information such as heart rate and respiratory rate, will be welcome additions to the hospital.

Cole said it is not likely that CHEO would have been able to buy the new monitors without the campaign money.

INFRASTRUCTURE

Senators seek clarity on $186B plan

Senators looking into the government's $186-billion infrastructure plan said Tuesday it lacks a coherent strategy.

It could mean failed projects and mis-allocated funds, they said.

The Senate's standing committee on national finance looked at the 10-year plan, which aims to give money to cities for road repairs, bridge upgrades, social housing and new transit lines. The resulting report takes the Liberals to task for failing to produce a clear outline of what exactly all those billions of dollars will amount to in the real world.

"What we are trying to say is there needs to be a strategic and focused plan that has specific objectives that are measurable," said Sen. Larry Smith, the committee's chair, who was appointed to the upper chamber by Stephen Harper's Conservative government in 2010.

The report identifies 31 government agencies and departments currently doling out grants under the program.

Brook Simpson, press secretary for Infrastructure Minister Amarjeet Sohi, said in an email that the government is working on the plan the senators want.

"This spring we will be releasing our full, long-term infrastructure plan that will include our vision, outcomes, indicators and program details," the email reads.

Simpson said the government will aim to make the process of applying for infrastructure grants easier.

"The Senate report recommends that the programs delivered by Infrastructure Canada be streamlined, and we have already started doing so.

"Since taking office, we have worked with provinces and territories to streamline approvals."

RYAN TUMILTY/METRO

> **There needs to be a strategic and focused plan that has specific objectives.** Sen. Larry Smith

Committed to more inclusive washrooms

EDUCATION

School board says safety and security of kids is paramount

Haley Ritchie
Metro | Ottawa

Less than half of OCDSB schools have accessible washrooms, but the school board says making sure all students feel comfortable is a high priority.

"We're committed to making sure that kids feel safe and secure in school buildings and operate with dignity," said Mike Carson, the Ottawa Carleton School Board's superintendent of facilities. "It's important to us to move this ahead, this is just a part of that ongoing commitment," he said.

Currently only 35 per cent of schools have a dedicated barrier-free washroom. Around three to five new ones are added each year, according to a memo sent to trustees this week. Carson said bringing washrooms up to the board's accessibility standards involves lowering sinks and toilets, installing grab bars and making sure doors are wide enough.

He said all new schools have accessible washrooms. In older buildings the board tries to predict when barrier-free washrooms will be required and stay ahead of the need. In the case where a student needs accommodation but no suitable washroom exists, that school becomes a top priority. "Sometimes it takes us a little bit longer, it depends on our lead time," he said.

The board is also trying to support transgender and gender nonconforming students with 'all gender' washrooms, usually single stall washrooms that are often built to be barrier-free.

The OCDSB has been working on this issue for years. CONTRIBUTED

FOOD

Pizza place celebrates 40 stores in 40 years

Forty stores in 40 years. That's the plan for Ottawa-based restaurant chain Gabriel Pizza. On Feb. 28, 1977, Michael Hanna opened his first pizza restaurant. Exactly 40 years later, the company plans to kick off a year of celebrations and store openings that will bring its store count to 40.

Mr. Hanna is still involved in the business, as are his five brothers. "After 40 years, you still see them in the stores. It's quite incredible," says his son, George Hanna, the company's president. The younger Mr. Hanna grew up in the business.

> **I loved it, I always had passion for it and I always believed in the product.**
> Mr Hanna Jr.

"As a child, I spent a lot of time in the original store on St. Joseph (Boulevard)," he says. Weekends were spent in the restaurant as his parents worked. Over the years, he became more involved. "I loved it, I always had a lot of passion for it and I always believed in the product and I always felt there was something special about it," Mr. Hanna says.

While new locations, including a full-service restaurant, were added over the years, the chain's growth was slow until it began to franchise. Mr. Hanna is applying a similar principle to a new sister brand to Gabriel, the Crust & Crate Public House.

"They're sit-down restaurants that focus on gourmet-style pizza, so the thin crust with a line-up of local craft beers," he says.

Crust & Crate's first location, at Lansdowne Park, opened in 2015, with a second location scheduled to open in May or June. From there, Mr. Hanna has big plans. "My vision is to have at least one or two in every major city across the country," he says.

OTTAWA BUSINESS JOURNAL

DRUGS

Kanata constituents concerned by opioids

Alana Thoman
For Metro | Ottawa

More than 300 concerned citizens gathered at the Kanata Recreation Complex Monday night to discuss the opioid crisis.

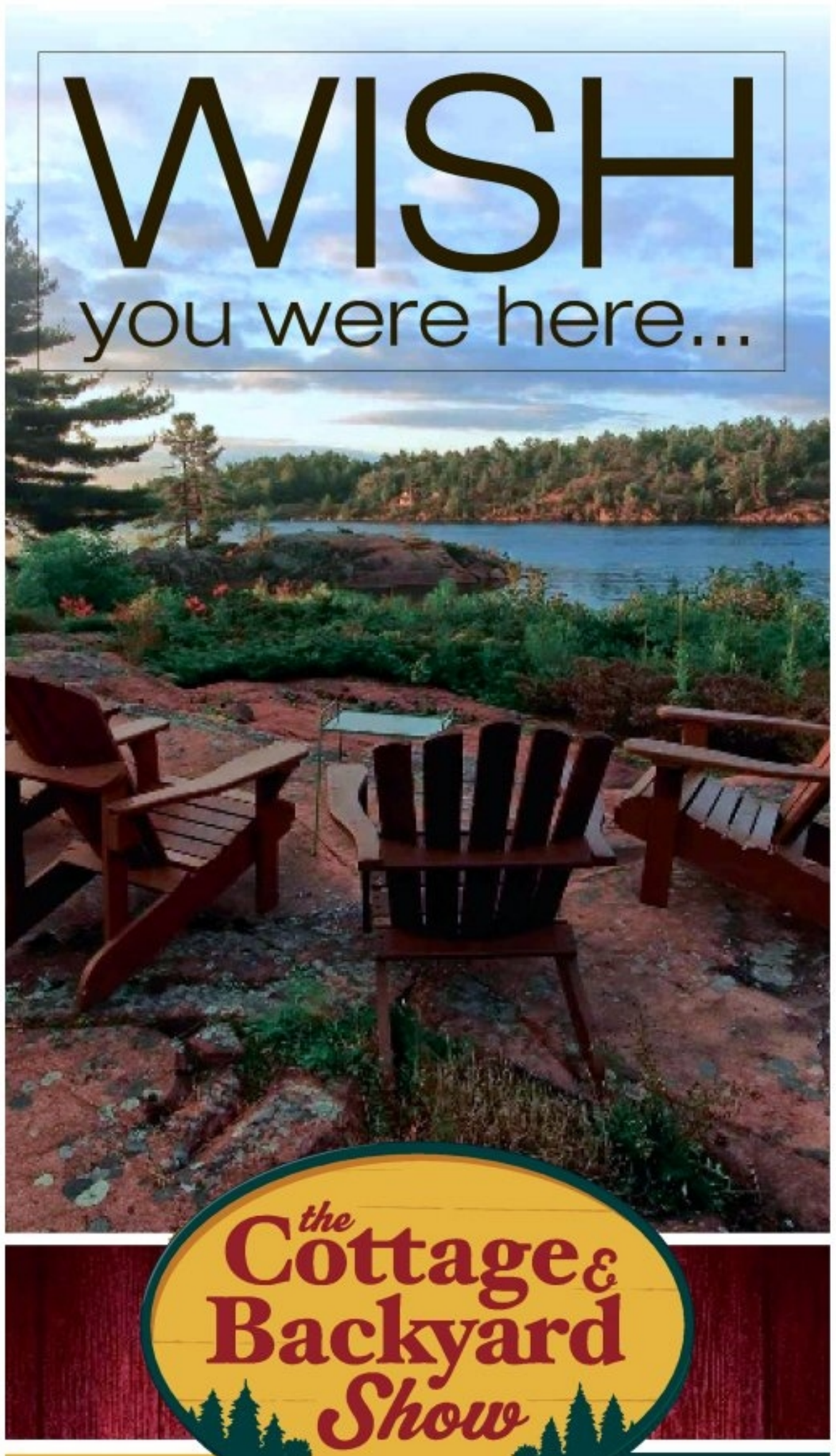
Kanata South councillor Allan Hubley, who organized the event, said that the discussion revealed deep concern among his constituents over the lack of statistics showing how many kids are going to treatment centres and getting turned away.

"We heard last night that this is a real issue that there are parents trying to detox their own kids," Hubley said.

Hubley said they the city has asked Ottawa Public Health to produce a report on how many detox beds there are and how many are needed. "If there is a gap, the mayor will take that up with the provincial government," he said. Hubley said that the Criminal Code needs to be updated.

"If you are caught producing or distributing these drugs you should be able to be charged with attempt of manslaughter — a 15-year sentence," said Hubley.

"You're going to get less people willing to take the chance of dealing if they know they are going to get serious jail time." Hubley said he has been working with other councillors to take the next steps and said they are not stopping until they believe the community feels safer.


WISH
you were here...
the Cottage & Backyard Show
EST. 2001
March 3-5
Friday, March 3 | Noon – 9pm
Saturday, March 4 | 10am – 6pm
Sunday, March 5 | 10am – 5pm
EY Centre | 4899 Uplands Dr.
Tickets $13 at the door
Children 17 & under Free
Buy Online & SAVE!
cottageandbackyardshow.com

Canada getting $3 coin for birthday

Canada 150

Decorative ducat expected to roll out on March 17

Andrew Fifield
Metro | Toronto

Raise your hand if you thought you would see a Canadian three-dollar coin before seeing a five-dollar one.

To mark the country's 150th birthday, the Royal Canadian Mint is rolling out a decorative ducat that is festooned with hockey sticks, canoes, lobster pots and other totems of Canadian life. The Queen keeps her familiar position on the coin's reverse side.

"No matter where you live, no matter how you came to be here, you'll have your personal story of what Canada means to you," reads a post on the Mint's website.

The "fun and uplifting" 99.99 per cent silver coin was designed by Canadian artist Laurie McGaw and is available to buy for $19.95 — approximately seven installments of three dollars — at Mint.ca.

The coin is expected to ship to the U.S. and Canada on March 17.

The new three-dollar coin will come packaged in this patriotic stand. CONTRIBUTED

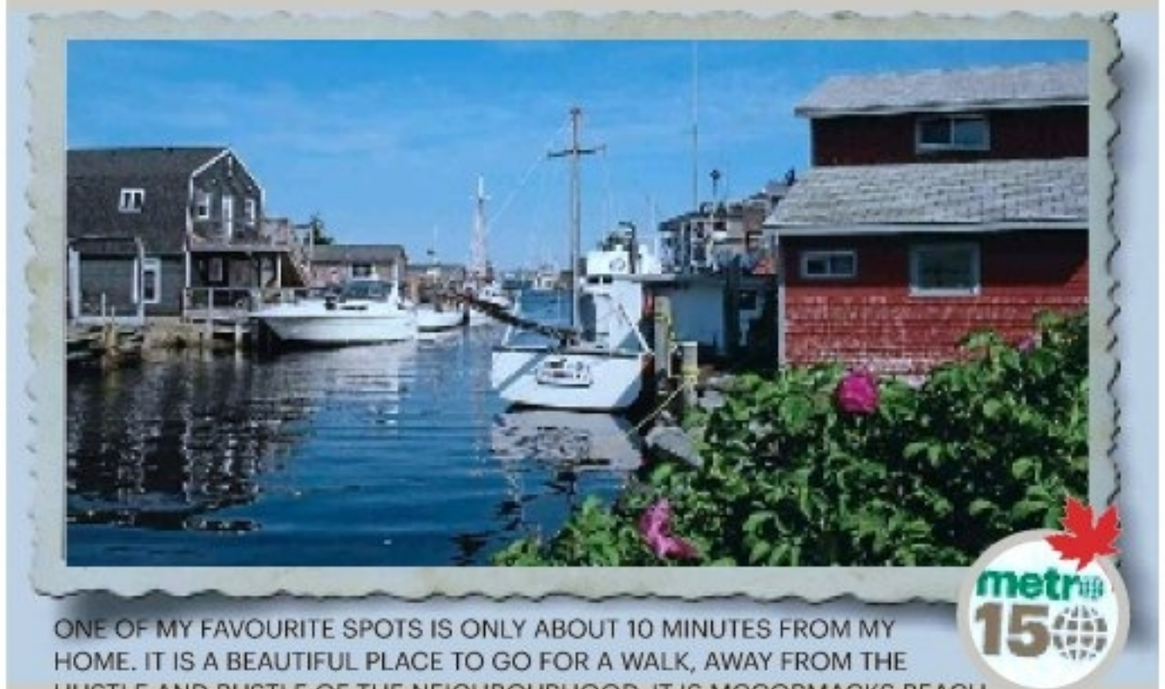
$19.95

Price of the 99.99 per cent silver coin designed by Canadian artist Laurie McGaw and available for purchase at Mint.ca

150 WAYS of looking at Canada

POSTCARD NO. 27

MCCORMACKS BEACH, N.S.



ONE OF MY FAVOURITE SPOTS IS ONLY ABOUT 10 MINUTES FROM MY HOME. IT IS A BEAUTIFUL PLACE TO GO FOR A WALK, AWAY FROM THE HUSTLE AND BUSTLE OF THE NEIGHBOURHOOD. IT IS MCCORMACKS BEACH IN EASTERN PASSAGE, NS. A LITTLE PIECE OF HEAVEN A FEW MINUTES FROM THE CITY. **WENDY PIKE**

SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

Fact-checking at the Trump tower

VANCOUVER

Incorrect statements at hotel opening

Jen St. Denis
Metro | Vancouver

Joo Kim Tiah, Donald Trump Jr. and Eric Trump at the grand opening of the Trump International Hotel & Tower in Vancouver on Tuesday. JENNIFER GAUTHIER/FOR METRO

"In 2010, Vancouver hosted the Olympic Games, of course the highlight being that Canada won the gold in hockey," Eric Danzinger, CEO of the Trump Organization, said Tuesday during the official opening at the Trump International Hotel and Tower.

"Which is probably why the world's largest hockey stick is here in Vancouver."

Wrong. The biggest hockey stick in the world graces the Cowichan Community Centre in Duncan, B.C.

"Trump International Hotel and Tower is the first hotel to open in Vancouver in the last six years," reads a press release handed out at the opening.

Wrong. Sqwachays Lodge at 31 West Pender and Hotel Blu Vancouver at 177 Robson St. both opened in 2014.

"The property is the first to open in the city in over six years," reads a second release in the press kit. Wrong. Dozens of condo towers and other properties have opened in Vancouver during the past six years during a construction and real estate boom.

The tower "is one of the tallest in the city at 69 storeys high." Technically, just 63, according to marketing material for the building's condos.

As protesters gathered outside the hotel Tuesday to protest the name on the hotel, inside two sons of President Donald Trump and the Vancouver developer behind the project were singing each other's praises.

Joo Kim Tiah, the president of Holborn Group and the son of a Malaysian real estate tycoon, thanked God, his parents, President Trump and the Trump family.

Rates at the hotel range from $380 for a room with a single king-sized bed to over $1,400 for a two-bedroom suite. Ironically, one of the perks offered by the Trump Hotel in Vancouver is free access to what President Trump has repeatedly called "the failing" New York Times.

Starting in December 2015, Tiah had faced pressure from critics, including Vancouver's mayor, to remove the Trump name from the building, something Tiah has said is not possible because he has contractual obligations with the Trump Organization, which operates the hotel portion of the building. At the time Trump was campaigning for president and had characterized Mexicans as "rapists" and called for Muslims to be banned from entering the U.S.

Brent Toderian, Vancouver's former chief planner and an outspoken critic of the Trump name on the hotel, said he was initially giving Tiah "the benefit of the doubt." But, he noted, the developer has since "doubled down" on his association with Trump.

About 100 protesters gathered in front of the Trump tower Tuesday morning to welcome the family's two eldest sons. Cars driving by the crowd on East Georgia Street honked their support and people broke into a chorus of O Canada.

Four Abbotsford high school students skipped class to attend the protest — something they said their principal approved of.

"We have a humanities class and this election was all we talked about for weeks, said Ayla Kevener. "This is our future. This will affect us."

CONSERVATIVES

Leitch posts weird video on Facebook

Andrew Fifield
Metro | Toronto

Conservative leadership candidate Kellie Leitch's latest campaign move is an eight-minute monologue packed with jarring cuts, awkward pauses and dreamy-eyed gazes toward a middle distance.

It has been met with a frosty reception since it debuted on her Facebook page Monday. Leitch uses the video to repeat her calls for what she describes as a "values test" for people considering immigrating to Canada.

"Canadians are proud of their country and proud of their unified Canadian identity," the former cabinet minister says. "They're proud of their values — values like hard work, generosity, freedom and tolerance."

Leitch's rhetoric on immigration has often been compared to that used by U.S. President Donald Trump, who she said had "an exciting message that needs to be delivered in Canada as well."

TRANSPLANT

Calgary family clings to hope

Elizabeth Cameron
For Metro | Calgary

Three-year-old Greta Marofke has relapsed hepatoblastoma, a rare form of liver cancer. CONTRIBUTED

By the time you read this, Lindsey Marofke will be in Cincinnati.

It's the only chance she has to save her daughter's life. Unable to get a potentially life-saving treatment in Alberta, when a doctor in Cincinnati offered to try, Lindsey knew she had to take her chances.

Three-year-old Greta Marofke has hepatoblastoma, a rare form of liver cancer that typically affects very young children.

She beat the disease once, but has since relapsed.

Greta's liver must be replaced with healthy one, and fast — her cancer hasn't spread to other parts of her body yet.

Dr. James Geller, medical director of the kidney and liver tumours program at Cincinnati Children's Hospital, believes he has a chance to save Greta's life.

"He called me up on Friday and said, 'I need you to come here, Greta deserves a chance,'" Lindsey said. "I'm just hanging onto that hope, because a few days ago we didn't have it."

Greta has been offered palliative care at a hospital in Toronto, where she has been staying for the past three weeks.

"In Canada, they've basically said we can buy you some time, that's all we can do," Lindsey said through tears.

"I can't give up on her — she's my baby and she looks so good. If you saw her you'd have no idea that this is going on inside her body."

The Stollery Children's Hospital in Edmonton denied Greta as a liver transplant candidate because her chance of survival is too low.

"Getting approved for an organ is really difficult. You have to be able to prove that your chances of survival are greater than 50 per cent," Lindsey said.

The last study published about the condition Greta has listed transplant survival outcomes at 40 per cent.

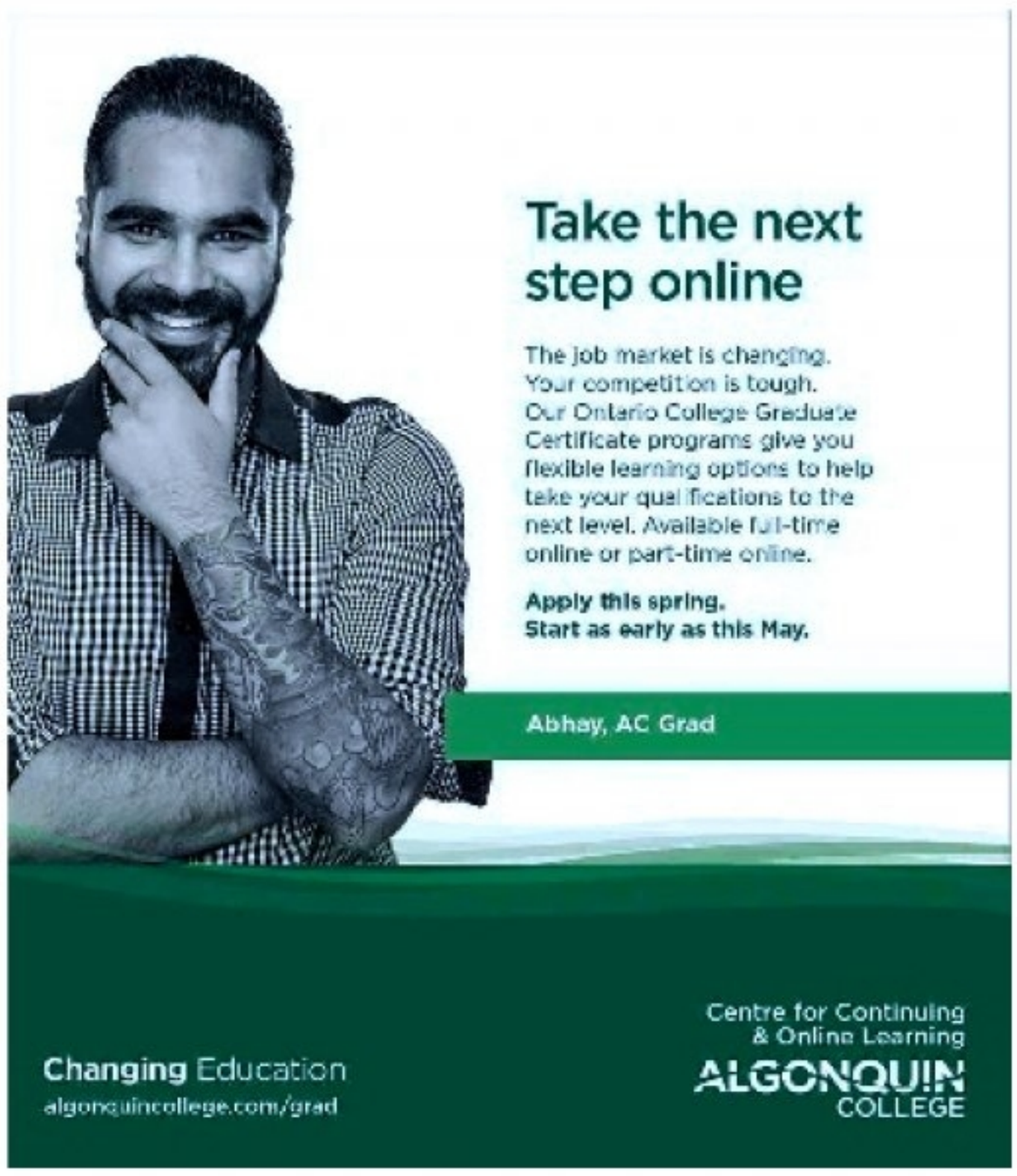
"She doesn't meet the minimum, so basically they won't do it," Lindsey said.

In a statement, Alberta Health Services (AHS) said the pediatric liver transplant program at the Stollery Children's Hospital examines all cases of pediatric patients with recurring hepatoblastoma on a case-by-case basis.

"The program has and may proceed with listing a patient for transplant, depending on the individual's specific medical condition," said AHS.

After all is said and done, the price tag for the trip, treatment, and transplant will likely ring in at more than $1 million US.

A GoFundMe has been started to help, with more than $30,000 raised so far, which Lindsey said has given her even more hope.


Take the next step online
The job market is changing. Your competition is tough. Our Ontario College Graduate Certificate programs give you flexible learning options to help take your qualifications to the next level. Available full-time online or part-time online.
Apply this spring. Start as early as this May.
Abhay, AC Grad
Changing Education
algonquincollege.com/grad
Centre for Continuing & Online Learning
ALGONQUIN COLLEGE

WEST BANK

Israel begins evacuating settlements

Israeli forces began evacuating nine homes in the West Bank settlement of Ofra on Tuesday, following a Supreme Court decision that ruled they were built on private Palestinian land.

Dozens of settlers and their supporters were protesting on the rooftops as military and police forces handed the evacuation orders to settler leaders and asked them to cooperate peacefully and avoid confrontation.

Brig. Gen. Yoram Sofer pleaded with the settlers "to act according to moral standards, to assist us and not to use violence."

One of the residents defiantly tore up the order while others, mainly youths, were carried away by troops tasked with clearing the area. No major disturbances were reported.

Earlier this month, Israeli forces uprooted Amona, a nearby West Bank outpost, following a similar court order. The forces removed residents and hundreds of their supporters in sometimes violent clashes as they dismantled a community that had become a symbol of Jewish settler defiance.

The outpost of Amona was the largest of about 100 unauthorized outposts erected in the West Bank without formal permission but generally with tacit support from the Israeli government. It was the scene of violent clashes between settlers and security forces during a partial demolition in 2006.

Such evacuations have created tension in the hard-line coalition of Prime Minister Benjamin Netanyahu, who has been caught between appeasing his pro-settler coalition allies and respecting the rulings issued by the Supreme Court.

THE ASSOCIATED PRESS

White House aims to silence whistleblowers, informants

POLITICS

But President Trump's team still talks off the record

When White House Press Secretary Sean Spicer wanted to crack down on leaks last week, he collected his aides' cellphones to check for communication with reporters. The crackdown quickly leaked.

Spicer's losing round in Washington's perpetual game of information whack-a-mole was hardly a surprise. In trying to plug leaks from anonymous sources, President Donald Trump and his aides are going after one of the most entrenched practices in Washington politics and journalism, an exercise that has exposed corruption, fuelled scandals and spread gossip for decades.

But the practice has created several headaches for the new president, leading Trump, just weeks into his presidency, to publicly vow to try to punish "low-life leakers" in his own administration.

"Let their name be put out there," Trump said before the Conservative Political Action Conference on Friday, accusing reporters of making up anonymous sources and stories. He declared reporters shouldn't be allowed to use sources "unless they use somebody's name."

> "Leaking is gigantically important in modern presidential coverage."
> Frank Sesno

"'A source says that Donald Trump is a horrible, horrible human being.' Let 'em say it to my face."

But Trump's administration has not been practising what the boss preached. Despite the president's anger about unnamed sources, White House budget officials insisted on anonymity Monday as they outlined details of Trump's spending plans to reporters on a conference call. The budget officials ignored requests to put the briefing on the record.

Several anonymously sourced stories have driven Trump coverage.

Trump isn't the first president to be frustrated by leaks.

From the release of the Pentagon Papers on Vietnam policy, the Watergate scandal that brought down President Richard Nixon to Edward Snowden's data dump of national security files, American history is filled with stories of government misconduct that came to light through information passed privately into the hands of journalists.

"Leaking is gigantically important in modern presidential coverage and Washington history," said Frank Sesno, a former CNN Washington bureau chief and now a journalism professor at George Washington University.

Journalists prefer sources go on the record; it lends more credibility to the stories. But on important areas of national security, it's understandable when people insist upon anonymity, said Dean Baquet, executive editor of The New York Times, on CNN's "Reliable Sources" Sunday. THE ASSOCIATED PRESS

MARDI GRAS

'THE ONE TIME OF YEAR PEOPLE CAN ACT LIKE FOOLS'

Revellers blow trumpets at the start of the Society of Saint Anne Mardi Gras parade in New Orleans on Tuesday.

The streets of New Orleans are filled with costumed revellers, dazzling floats featuring kings and queens, and people of all ages screaming for trinkets and beads. Lots of beads.

Tuesday marks the culmination of the Carnival season, which started Jan. 6.

Mardi Gras is "the one time of year people can act like fools and get away with it," said one reveller, Craig Channell.

THE ASSOCIATED PRESS

GEORGIA

Two jailed for racial slurs, threats at girl's birthday

A white man and a white woman who were among a large group of people waving Confederate flags and threatening violence at a black child's birthday party in 2015 have been sentenced to lengthy prison terms.

Jose Ismael Torres, 26, and Kayla Rae Norton, 25, were part of a group of 15 people who disrupted the 8-year-old's party in Douglasville, Ga. in July 2015, less than a month after white supremacist Dylann Roof killed nine African-Americans at a historic black church in South Carolina.

Roof brandished Confederate flags in several photographs that came to light soon after his arrest and had said he intended to start a race war with the killings.

Torres and Norton were found guilty Monday of yelling racial slurs and threatening to kill partygoers, even the kids. At one point, Torres aimed a shotgun at the party, prosecutors said.

"Their actions were motivated by racial hatred," said Superior Court Judge William McClain.

THE ASSOCIATED PRESS

LEGAL SYSTEM

Corporate law reform 'falls short': Expert

Ottawa's first comprehensive reform of corporate law in more than a decade will do little to prevent tax cheats and criminals from hiding their identities, say critics of a bill winding its way through parliament.

Foreigners are using Canadian corporations to "snow wash" illicit funds — as Torstar revealed through the Panama Papers investigations — and they will have little impediment to continuing to move money anonymously even after Bill C-25 becomes law, financial crime experts say.

"The bill falls short of its potential to address the real risks of money laundering, terrorism financing and tax evasion," said Denis Meunier, a former top official with the Canada Revenue Agency and FINTRAC, Ottawa's anti-money laundering watchdog.

Meunier noted that an intergovernmental review last fall found Canada's corporate transparency is non-compliant with international anti-money laundering and terrorism financing standards.

"Match up the assessments of the risk. … And then you see this bill, there's a gap. For me, it's stunning that the government hasn't (done more)," said Meunier, a member of Transparency International Canada who shared his analysis with a parliamentary committee last week.

Bill C-25, which is expected to receive final reading next month, addresses several aspects of corporate law, but the one that's most troubling for financial analysts and law enforcement is the partial ban on bearer shares.

Bearer shares are archaic financial instruments that play a big role in money laundering because they act like cash for criminals. Unlike normal stocks in a company, which are registered to their rightful owner, bearer shares belong to anyone who physically holds them. Like a cheque made out to "cash" the certificates, which can be worth millions, can be bought and sold without leaving a trace.

Under heavy international pressure, most of the world's most notorious tax havens have done away with bearer shares. Canada lags other major nations by continuing to allow them.

TORSTAR NEWS SERVICE

Netflix workers detained

POLITICS

Employees were affected by Trump travel ban

Netflix employees were personally affected by U.S. President Donald Trump's attempt to ban people entering from seven Muslim countries, the company's CEO said Tuesday.

Reed Hastings has been a critic of the travel ban, which Trump hopes to revive in a revised form this week, and said Tuesday some of his co-workers had gotten caught up in it.

"We had Iranian and Iraqi employees who were unable to come to work," he said on the sidelines of the Mobile World Congress, the wireless industry's biggest annual gathering held in Barcelona, Spain.

Netflix was among dozens of tech companies that publicly opposed the travel ban out of fear that it would stifle innovation.

U.S. politics has become as gripping as a TV drama but Hastings says Netflix is not planning a show based on Trump.

"Maybe someday, but it's better to make a show about things in the past so you can have some perspective," he said. "We let the news channels do the things that are current, while hoping to provide a relief from politics to people on both sides."

Hastings aims to make Netflix global by creating more original content in foreign languages.

"We are focused on international expansion, mainly in Europe and Asia," Hastings said. "It's just the beginning of the Internet. We are producing all over the globe with great success."

Netflix, which has some 93 million subscribers across 190 countries, is riding the success of some of its own productions, having won its first ever Oscar this week for the documentary White Helmets, about Syria's humanitarian aid force.

Hastings expects the market competition to toughen, however, with traditional broadcasters increasingly moving online especially with the gradual improvement of handset screens and connections.

"I think broadcast television is really going to move to the Internet, so that current TV networks will offer their videos online, just the same as Netflix and YouTube," he said.

The improvements in wireless 4G and 5G technology is likely to encourage the trend of people watching movies on mobile screens.

"We would like to continue to improve the mobile plans in order for everybody to enjoy unlimited video viewing," said Hastings. "I think it's possible because we are getting more efficient at video data, so that the networks are not congested." THE ASSOCIATED PRESS

Founder and CEO of Netflix Reed Hastings during a keynote speech at the Mobile World Congress in Barcelona on Monday. Netflix was among dozens of companies that publicly opposed the Trump administration's travel ban out of fear that it would stifle innovation. GETTY IMAGES

> **We had Iranian and Iraqi employees who were unable to come to work.**
> Reed Hastings

INNOVATION

Platform catches feds' eye

An emerging technology has caught the eye of the innovation-obsessed federal government — a platform so packed with potential, many experts believe it could comprise the foundation for the next generation of the Internet.

Blockchain holds a vast amount of promise for transforming business sectors and the lives of ordinary people around the world.

Like a giant digital bulletin board, blockchain creates an online ledger or database where records — financial transactions, for instance — can be shared, moved and maintained on a transparent network, all without compromising security.

With such activities available to be seen by blockchain's many collaborators, the system is inherently secure, making it far less vulnerable to tampering, hacking and corruption.

Experts say Canada has shown considerable potential in these early days of blockchain — and they believe it's key for the country to help create conditions to keep the momentum going.

Ottawa has taken notice; widening the path for more blockchain development would fit nicely with the Trudeau government's stated goal of increasing innovation as a way to help jump-start Canada's economy.

"Basically, blockchain technology represents nothing short of the second generation of the Internet," said Alex Tapscott, who co-hosted the roundtable.

Blockchain is the technology behind bitcoin, a digital currency without links to governments or banks, enabling people to engage in online transactions without intermediaries.

Some believe blockchain will have the power to counter inequality and help deliver more prosperity to poorer parts of the world. THE CANADIAN PRESS

MEDIA

New York Times pushes for truth in the Trump era

Andrew Fifield
Metro | Toronto

U.S. President Donald Trump has declared the media an "enemy of the American people," but the New York Times is fighting back.

The venerable newspaper has launched a new marketing campaign they hope will puncture the myriad of media bubbles, social media squabbles and "alternative facts" that have characterized the country's political discourse for much of the decade.

"The truth is hard. The truth is hard to find. The truth is hard to know," the ad intones "The truth is more important now than ever."

The first weeks of the Trump Administration have often taken on the tone of a pitched battle between the president's team and members of the media.

Trump's top White House aide, Breitbart publisher Steve Bannon, has branded the media an opposition party with an added suggestion that the entire industry should "keep its mouth shut."

"At The Times, we have a 166-year history of an adherence to the highest standards in journalism and a sense of mission that propels our approach to how we cover the world," Times publisher Arthur Sulzberger Jr. said in a release.

VIDEO

Watch the video online at metronews.ca, or check it out on Metro's app.

"We are committed to properly resourced, tough-minded and independent (journalism), delivered without fear or favour."

The ad campaign, designed by Droga5, is a clear attempt to harness some of the momentum generated by Trump's hostile approach to the media. The New York Times, which the president repeatedly describes as "failing," claims subscriptions have increased ten-fold since election day in November.

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS
•LIFE • SPORTS
>>>

NOW HIRING GREAT CONTACT CENTRE OPPORTUNITIES!
Call Centre Representatives
• Guaranteed hourly wage
• Daily and weekly performance bonuses
• Paid every Friday
• New State of the Art Call Center
• Located in Downtown Ottawa near Gatineau
• Advancement opportunities
• Full time and Part time available
• 20 Full-Time & 10 Part-Time Positions Available
FLUENT ENGLISH IS A MUST!
Contact Keith O'Connell
Phone: 1-800-210-8579 ext. 291
Email: keith.oconnell@imkgp.com

TRAIN FOR A CAREER IN
BUSINESS OR LAW!
✔ Accounting and Payroll Administrator
✔ Law Clerk
✔ Paralegal *accredited by the Law Society of Upper Canada
✔ Business Management
✔ Fitness and Health Promotion
CONTACT US TODAY
613-722-7811
ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station
www.algonquinacademy.com

PHILOSOPHER CAT by Jason Logan

PAUL WELLS ON CANADA'S BRAND IN THE AGE OF TRUMP

How can Canada use the chaos in D.C. to pursue its own interests?

It's time to conclude, on a balance of probabilities, that Donald Trump will be merely an ineffectual president.

For a while it seemed the White House's listless new tenant might have some sort of trade strategy. For a few days he even seemed to be preparing for an attack on Iran. That seems so long ago. He may yet do something big domestically, like repeal Obamacare, although the news that massive new social programs contain fine print has rattled him badly.

Being an evil genius takes an ungodly amount of prep work. Who knew? It's so much easier to hightail it to Mar-A-Lago for another weekend. Down there, the world is divided into people who are paid to be nice to him and people who have paid to be nice to him. He can handle both.

Perhaps the time is coming, or soon will, when the Trudeau government should adjust its strategy regarding Trump. The original working assumptions are already running out of steam.

For both the prime minister and his detractors, Trump was viewed, after his astonishing election victory last November, as a potential source of organized menace to the Canadian economy.

He would tax industrial goods at the border. He would abrogate NAFTA and ensnare Canada in protracted negotiations, where his decades of experience as a dealmaker would leave poor naïve Justin Trudeau bereft and dizzy, wearing only a barrel on leather shoulder straps.

In response, Trudeau executed a profound reorganization of his ministry, of the public service and of Liberal political staff. The goal was to become more nimble on the defence, accelerating information-gathering and decision-making across government to ensure that whatever move Trump might make, Canada could respond.

But perhaps defence isn't the game. Or at least it shouldn't be the only game. Because maybe this president is incapable of organizing an offence.

That's the conclusion the Russians seem to have drawn. If anyone should be taken as an authority on Donald Trump, it's the Russians. In a fascinating story in Tuesday's New York Times, assorted Russian analysts said Vladimir Putin is now treating Trump, not as a conniving ally but as a random-event generator who will pull Washington into chaos.

"Right now the Kremlin is looking for ways that Russia can use the chaos in Washington to pursue its own interests," pro-Putin analyst Sergei Markov told the Times. "The main hope is that the U.S. will be preoccupied with itself and will stop pressuring Russia."

What would an offensive Canadian strategy look like, if Canada followed Markov's reasoning? How can Canada use the chaos in Washington to pursue its own interests?

One set of interests is inbound: It's about who comes to our shores. Canada has long watched while the United States attracted a disproportionate share of the brightest students, the most distinguished researchers, the wiliest entrepreneurs.

Finance Minister Bill Morneau has already been making changes to attract all those groups. A concerted global marketing program would spread the word. Canada has a big disadvantage: unlike Australia or the UK, it has no national education minister to lead global marketing efforts. Nor should it, education being a provincial responsibility.

But a senior federal minister should be put in charge of marketing Canadian research and education, in partnership with the provinces. I nominate François-Philippe Champagne, the new trade minister, because he's so peppy he's probably already doing it anyway.

Another interest, the attraction of international investors for Canadian infrastructure projects, is well in hand, and I have no advice to offer.

The third Canadian interest is the most delicate: the search for strategic partners to replace an increasingly introspective United States.

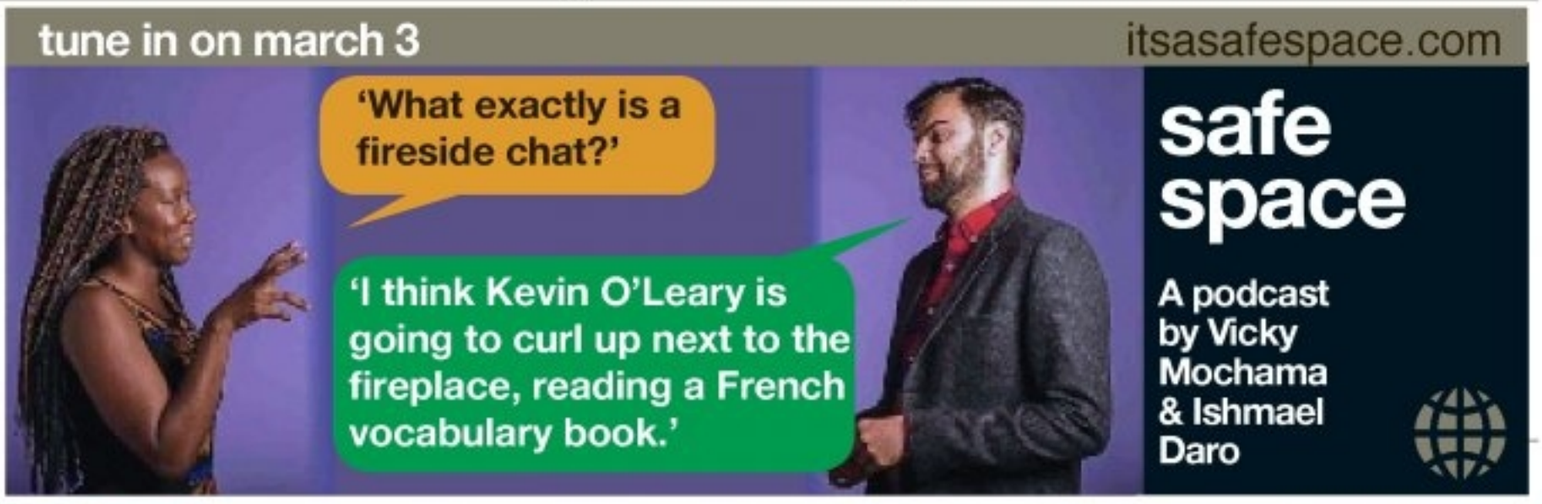
In some ways, America can't be replaced: Nowhere else is as close, as rich or as culturally simpatico. But Trudeau must conclude, as every modern prime minister has in different ways, that it does no good to rely too closely on the Americans alone. Especially now.

China stayed aloof from even Jean Chrétien's ardent courting. Trudeau will not be able to tap its amazing potential in the short term. Europe is almost as big, richer and needs friends now too. The working relationships built up over a decade's CETA talks must not be allowed to atrophy now.

In his mandate letter to international development minister Marie-Claude Bibeau, Trudeau urged her to "refocus Canada's development assistance on helping the poorest and most vulnerable." That now seems simplistic. Many of Africa's national economies are rising, fitfully but full of promise. Canada should build long-term relationships by supporting institutions that educate a new African leadership class and strengthen African markets, legal systems and governance.

I could go on. A few hours' brainstorming could generate countless ideas for pursuing Canadian prosperity in an era of American eclipse. It's work nobody would have wanted. But the task now seems at hand.

Paul Wells is a Toronto Star national affairs columnist.


tune in on march 3
itsasafespace.com
'What exactly is a fireside chat?'
'I think Kevin O'Leary is going to curl up next to the fireplace, reading a French vocabulary book.'
safe space
A podcast by Vicky Mochama & Ishmael Daro

metro Your essential daily news
CHIEF OPERATING OFFICER, PRINT Sandy MacLeod
VICE PRESIDENT & EDITOR Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES Steve Shrout
MANAGING EDITOR OTTAWA Matt LaForge
ADVERTISER INQUIRIES adinfoottawa@metronews.ca
General phone 613-236-5058

Missed manners In the Oval Office on Monday. GETTY IMAGES

Conway's couch crouching proves meritocracy a sham

Vicky Mochama
Metro

When I saw the picture of Kellyanne Conway, adviser to President Trump, with her feet tucked under her on an Oval Office couch, I could hear my mom saying — or, let's be real here — yelling "Beka amagoro inse!"

That is Kisii for "You own nothing in this house and your presence here is optional so you need to act right, or else." (It is actually not but that is what it felt like.) I still hear it when I put my feet up on my own table in my own house.

The image isn't striking because a grown woman is sitting on her feet and looking at her phone on her boss's couch. No, Kellyanne got real casual during a photo opportunity with the leaders of America's historically black colleges and universities (HBCUs).

To me, a roomful of black academics is a room of aunties and uncles empowered to yell at you. So, I was a little scared for Kellyanne.

But she knows she doesn't have to operate by those standards. When photos of Barack Obama putting his feet up on the Resolute Desk in the Oval Office first surfaced, Fox News basically aired a war crimes tribunal for a week. Every move by the Obamas was examined for its perceived rudeness. These were (and are) black professionals at the apex of human achievement.

If respectability is the measure by which white officials will respect black people, you cannot get more respectable than that group of people in the Oval on Monday. They didn't just go to the best schools; some now run the best schools.

If the election of a mediocre businessman for president didn't do it, then this photo should render apparent that there is no such thing as a meritocracy. Some of America's highest educated and highly accomplished black people grimaced through it while Kellyanne Conway took a picture from the couch of them with the president.

The administration's disrespect is evident. Dillard University president Walter Kimbrough wrote that the meeting was meant to be with Education Secretary Betsy DeVos but suddenly included a visit with the president.

After pushing them around and photographing them, Secretary DeVos issued a statement saying that HBCUs were an example of so-called school choice. When, in fact, they were founded as a response to racist schools barring black students.

The photo isn't trivial; it is emblematic of the relationship that black Americans now have with their government. The administration will use black people to lie about black history in order to make black life worse.

I can only hope that the American public tells Trump that he owns nothing in the White House and his presence is optional.

Because he's definitely not going to act right.

metro LIFE

Your essential daily news

Raw cookie dough is New York's latest food fad with huge lines outside recently opened DO in Manhattan

Poutine disciple spreads the curd

FOOD CULTURE

How epicurean epiphany led a German tourist to new venture

Holger Boeckner's Poutine Kitchen serves up his version of the Canadian delicacy in Berlin. CONTRIBUTED

Holger Boeckner had an epicurean epiphany of sorts while visiting Canada in 2007. Out clubbing with Canadian friends in Montreal, the German tourist was introduced to Quebec's street food of fries, gravy and cheese curds. It was 4 a.m. and his first poutine.

"It was salty, delicious, fatty," recalled Boeckner with a big wistful smile at a cafe in Berlin. "It was the right meal for the situation."

Boeckner was so enamoured with poutine that he opened The Poutine Kitchen last November, partnering up with a German dairy producer to manufacture and sell squeaky cheese.

On Jan. 25, he got to promote the product in a major way: by offering bowls of poutine at the first meeting in 2017 of the German Canadian Business Association. That same week, he proffered small snacks of poutine at the massive annual Green Week exposition of products in Berlin, which features local, non-GMO and organic items (Boeckner's cheese is local and non-GMO but not certified organic).

He returned to Canada and the U.S. a few times since that initial visit, and sought poutine wherever he went. In Austin, Texas, during the SXSW festival in 2013, he attended a party held by the Canadian delegation and catered with poutine.

"I realized in my subsequent visits: I loved poutine," he said. He and his neighbour, a Canadian, tried to make poutine, but "we realized it wasn't possible to make it authentic because we didn't have cheese curds."

Indeed, poutine is relatively simple in composition since fries and gravy are a staple in almost any European country. However, the squeaky cheese — solid parts of curdled milk — is what can trip up the desire for a classic poutine. Curds are made from fresh milk, which has to be pasteurized — during which rennet is added so it clots. It then becomes a blend of whey (liquid) and early-stage "curd" and must be cooked. Lastly, it is pressed, separating the whey from the curd and voila, you have cheese curds.

Importing cheese curds from Canada could take weeks, Boeckner said, bogged down by EU rules that require inspections and clearances.

"The cheese curd needs to be produced nearby so it can be consumed quickly and still be squeaky," Boeckner said. "Most of the places selling poutine in Europe use mozzarella or some salty version of cheese."

> **Germans love cheese, fries and gravy. They just haven't had that combination yet.**
>
> Holger Boeckner, left

In 2014, realizing he was about to be laid off from his film public relations job, Boeckner decided to bring "real" poutine to Germany. He set about visiting cheese fairs in the Berlin region and wound up at Bauernkäserei Wolters, where he described the curds to owner Pieter Wolters and his production manager, Uta Gerlach.

"I described it as 'this is a cheese that squeaks' and then the consistency as well — a little spongelike. I said it had to be eaten fresh," says Boeckner.

Last March they created their first batch — 40 kilograms. Boeckner declared it a success: "It was tasty and squeaky."

The following May came the real test: giving it to Canadians. With packs of gravy mix from St. Hubert's chicken fast food joint in Quebec, Boeckner arranged a special poutine party for six Canadian friends in Berlin.

"They said it was just like home," Boeckner said, holding up a cellphone video of a woman declaring: "The cheese is perfect. The gravy is perfect. You nailed it."

$7.62

Last November, Bauernkäserei Wolters began selling 250 g packages of cheese curds online for 5.48 euros ($7.62) plus shipping.

He doesn't have any sales numbers for the cheese yet, but Boeckner has heard excited reactions from Canadians in Berlin.

Berlin resident Patrick Beaudette, who was born in B.C. but has lived in Montreal, heard about the cheese and ordered a kilo. "I refuse to use mozzarella," said Beaudette, who is in the city finishing up his PhD in molecular biology. "(It) has everything it should have: the mild flavour, it's salty and the squeak."

Boeckner is determined to spread the poutine joy among Germans as his business grows. He hopes to open a poutine-focused shop in spring — which doesn't exist yet in Berlin.

"Germans love fries, cheese and gravy. They just haven't had that combination yet. They will like it. I know." TORSTAR NEWS SERVICE

HEALTH

Tackling the nutrition myths of cancer treatment

When Miguel Roger began chemotherapy for chronic lymphocytic leukemia last summer, he didn't realize the challenges he would face with food.

"Once treatment started, I noticed a change in my appetite, and a lack of energy," said the 65-year-old retired engineer.

His wife Jenny, 61, became his primary caregiver, and found it challenging navigating all the nutrition advice from books, their doctor, and the hospital nutrition centre.

"I once cooked him calf liver to help with his anemia," she said, "I read it in a book, but when I spoke to Miguel's doctor, we were told it wouldn't help, since the anemia was not related to nutrition, but to the cancer itself and the chemotherapy."

Nutrition is an under-recognized challenge for many cancer patients. And fad diets can cause unnecessary weight loss, disrupt treatment, and sometimes make outcomes worse.

Many patients struggle with navigating the "cancer-specific" dietary information found in popular books, blogs, and websites. A British study found caregivers and patients were concerned about the lack of accurate and clear information — something Canadian health providers are keen to provide.

"In clinic, I once overheard a woman saying how she was getting megadoses of vitamin C, rose hip tea, bee pollen and antioxidants," said Jenny Roger. "But I heard the dietitian advise that those things may not be regulated and could be contraindicated during chemotherapy."

This is a familiar story to many cancer specialists and dietitians, including Thomas Jagoe, director of the McGill Cancer Nutrition Rehabilitation Program in Montreal.

One of his challenges is dealing with diet trends that conflict with what a patient's oncologist advises. One trend is "short-term fasting" before chemotherapy.

"This is a hot topic of research but at this time the evidence doesn't support that a patient who is already losing weight starve themselves for a few days," Jagoe said.

But patients keep looking for answers outside the system. And it's all about control, says Jonathan di Tomasso, a nutritionist who works with the cancer rehabilitation program at McGill.

"People often lose control over many aspects of their life when they are diagnosed with cancer. Food is something they can control, but the roar of misinformation out there is deafening," he said. THE CANADIAN PRESS

Miguel and Jenny Roger tried to separate cancer nutrition fact from fiction. HANDOUT

The simpler charms of the likes of Edulis (above) and Dandylion has helped Toronto evolve and move ahead of Montreal in the national fine dining arms. MATT FABIJANIC

Toronto turns the fine dining tables

CANADA'S 100 BEST

Montreal slips in annual list as five Ottawa spots make cut

Désolés, Montreal. The 416 has overtaken the 514 for the first time at the top of Canada's 100 Best, the third-annual list of the country's finest dining establishments as chosen by a panel of 82 industry experts.

Toronto's Alo, which chef Patrick Kriss opened in 2015, unseated Montreal's two-time champ Toqué.

Hogtown finished with five of the country's top 10 restaurants: Alo (1), Edulis (5), Buca Yorkville (7), Canoe (8) and Dandylion (9).

"That is total domination of fine dining," said Jacob Richler, the magazine's editor.

Alo debuted on the list as Canada's best new eatery last year.

"The finesse and discipline of that kitchen he runs — it's genuinely extraordinary," said Richler of Patrick Kriss's restaurant located on a third floor above Chinatown on Spadina Ave.

"You leave an unassuming street and suddenly you're in this elegant little oasis the moment you emerge out of the elevator shaft. It feels cool and groovy and you're happy to be a part of it."

Toronto and Montreal made up half of the Best 100 entirely, Montreal with 26 spots and Toronto with 24.

"You can find great food in far more varied sorts of places. And the list reflects that," Richler said.

Ten smaller cities and towns cracked the list with one raved-about spot each, including Langdon Hall (15) in Cambridge, Ont., which jumped back into the top 20. Former Scaramouche chef Michael Stadtländer's Eigensinn Farm (77) in Singhampton, Ont., which presented the chef's pine-focused PineSpiel Project, returned to the list.

Other small community restaurants earned spots like La Cabane PdC (22) in St-Benoît-de-Mirabel and Wolf in the Fog (41) in Tofino, B.C., which made the list for the third time.

TORSTAR NEWS SERVICE

THE TOP 10

1) Alo (Toronto)
2) Toque! (Montreal)
3) Joe Beef (Montreal)
4) Le Vin Papillon (Montreal)
5) Edulis (Toronto)
6) Hawksworth (Vancouver)
7) Buca Yorkville (Toronto)
8) Canoe (Toronto)
9) Dandylion (Toronto)
10) Pigeonhole (Calgary)

In Ottawa:
46) Fairouz
59) Beckta
60) Atelier
65) Fauna
71) Riviera

CANADA'S BEST 100

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Cupcakes or donuts?

Indulge your sweet tooth — without going overboard

PICK THIS

Annette's White Sugar Mini Donuts (3 donuts)

Calories 160
Fat 7g
Saturated Fat 3g
Sugar 9g

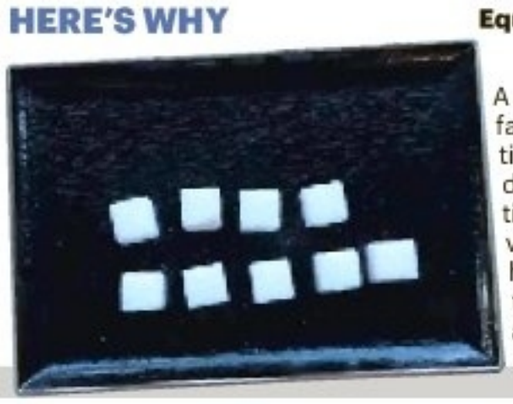
SKIP THIS

Mini Vanilla Cupcakes (3 cupcakes)

Calories 290
Fat 11g
Saturated Fat 4.5g
Sugar 37g

HERE'S WHY

Equivalent to 9 sugar cubes



A dessert doesn't have to be your downfall. When enjoying sweets (in moderation, of course!), picking fluffy, sugar-dusted mini donuts will save you 4 times the sugar compared to the mini vanilla cupcakes. There's also close to half the fat and calories. The icing is the culprit here, as it has added palm and hydrogenated oil, corn syrup and more sugar. Have your 'just desserts!'

JOHANNA SCHNELLER WHAT I'M WATCHING

Paxton's ambivalent legacy

THE SHOW: Training Day, Season 1, Episode 4 (CBS)
THE MOMENT: The growling

As his straight-laced trainee Kyle Craig (Justin Cornwell) watches, rogue police detective Frank Rourke (Bill Paxton) rifles through the pockets of a dead Yakuza gang-banger. Someone warns Frank that the corpse "could be a biohazard."

"My blood is eight parts whiskey and I date a hooker," Frank growls, and keeps rifling.

What luck! Frank finds a peeled beer label — and happens to know it's from a beer that's "$1,000 per bottle." And "there's only one bar in America that sells it." And it's nearby.

At the bar, Frank's luck holds. He spies a thug who leads him straight to the top-secret head of the Yakuza. But first, Frank confronts a slimy G-man: The Yakuza were really after Slimy, weren't they? And he lied about that, didn't he? "National security my ass," Frank growls at him. "More like job security."

Slimy counters, "We're done here." Let's growl Frank's reply together: "No, you're done! I'm just getting started!"

Obviously, I didn't love this series' self-seriousness, or Paxton's choice to demonstrate Frank's corrupt nature by growling. Each. Word. Separately.

Now, after Paxton's untimely death last Saturday, I don't know what the powers that be are going to do with the nine episodes they apparently have in the can.

But as I recalled the many wanna-be-tough-guys Paxton played, I realized that I always liked his "wanna-be" better than his "tough."

His characters were trying to pass as macho in a world that rewards machismo, and Paxton showed us their (and perhaps his) ambivalence about that.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Join our Metro Reader Panel and you could win $500!*

metro Learn more at metronews.ca/panel

*No purchase necessary. Entry period is Monday, February 6, until Friday, March 31, 2017 at 11:59 pm. Odds of winning depend on total number of p[illegible] one entry per person. Rules available online at www.metronews.ca/panel.

metro WHEELS
Your essential daily news

Actor Margot Robbie is Nissan's new electric vehicle ambassador

Ioniq hot on the heels of Prius

HANDOUT

REVIEW

Hybrid upsets with better fuel efficiency and price point

Dan Ilika
AutoGuide.com

As good as it is, it's tough to describe the 2017 Hyundai Ioniq Hybrid as anything but ill-timed. It's an alternative fuel vehicle going up against gas prices that remain at historic lows.

That this Hyundai is a compact car only makes matters worse, as the popularity of crossovers continues to climb. To overcome those sizable-though-surmountable odds, the Hyundai Ioniq Hybrid has a few key qualities working in its favour.

For starters, it's built on a dedicated platform developed solely to serve as the basis for electrified rides that includes both conventional and plug-in hybrid versions of the Ioniq, plus a pure-electric model.

The decision to build the Ioniq as a small sedan was designed to eke out as much efficiency as possible. The very shape of the car was cleverly crafted to improve airflow. And it worked. With a drag coefficient of 0.24, the Ioniq slips through the air like a Tesla Model S.

The Ioniq may share its drag coefficient with the Model S, but it's significantly smaller than the all-electric ride. The Ioniq is more similarly sized to the Prius or Chevrolet Cruze.

Its diminutive dimensions impact interior space in different ways. The front seats pack plenty of room. Slide into the rear seats and space shrinks significantly. Cargo room, however, stands at an impressive 750 litres. That mark is second in the segment only to the Prius and exceeds the likes of the hatchback versions of the Cruze and Honda Civic.

When it comes to efficiency, Hyundai's first dedicated hybrid ranks ahead of the standard-bearing Toyota Prius. Its impressive efficiency is only matched by its ambitious price point.

Base models are estimated to start at $24,000. An equivalent Prius will set you back $28,880. Step up to a top-of-the-line Limited model and you can expect to pay about $31,000. A loaded Prius Touring, meanwhile, will fetch $32,115.

Despite everything the Hyundai Ioniq Hybrid does right, it's not perfect. The regenerative brakes felt slightly rubbery and more engine noise than necessary permeated the cabin. Likewise, there were some unwelcome rattles and squeaks in our tester's cabin, worth a second look — or listen — to determine if it was a one-off incident.

If this gas-electric Ioniq Hybrid is out to take on the likes of the Toyota Prius, it's off to a good start. It costs less money and burns less gas without suffering from any of the performance penalties imposed by the Prius' CVT. The appetite for hybrids these days may be as low as gas prices, but it's hard to argue with the Hyundai Ioniq Hybrid's bang for your buck.

THE CHECKLIST | 2017 HYUNDAI IONIQ HYBRID

THE BASICS

Engine: 1.6L four-cylinder electric motor, 1.56-kWh lithium-ion battery
Output: 139 horsepower, 195 pound-feet of torque combined
Transmission: 6-speed automatic
Fuel Economy (L/100 km): 4.2 city, 4.0 highway
Price: Starts at $24,000 (est.)

LOVE IT

- Easy to achieve max efficiency
- Affordable
- Cabin layout

LEAVE IT

- Quirky design
- Rubbery brake pedal
- Lack of rear seating space

CUSTOM

From grill to tail lights: A new type of tailor-made Aston Martin

Michael Accardi
AutoGuide.com

Aston Martin will launch an expansion of its tailor-made service Q by Aston Martin at the 2017 Geneva Motor Show.

Marek Reichman, Aston Martin's Chief Creative Officer, says the service has slowly expanded since its 2012 introduction.

"Now we have the opportunity to work with our customers and take personalization to a different level," he said.

The two-tiered program begins with Q by Aston Martin - Collection, an array of distinctive designs and exclusive enhancements that go beyond the standard options list — think of it like a secret menu. Collection brings exclusive paint and interior colors, plus unique leather quilt upholstery patterns, body-colored wheel inserts, and diamond turned spokes, along with new wood and leather interior touches.

Capping the program is Q by Aston Martin - Commission, a collaborative process with the Aston Martin design team, a conversation that becomes a car that Gaydon calls "the world of the truly bespoke, individual sports car."

"It's a commissioning process," says Dr Matthew Bennett, General Manager for the Q by Aston Martin service. "The customer is working much more closely with us here at Gaydon. The only limit is your imagination — every new commission starts with a blank sheet of paper."

One of Commission's first projects is working with Aston Martin's global dealer network to develop an ultra-limited series of cars with features and elements distinct to the region's demographics and geography.

However, those who want an entirely unique car simply have to ask. Aston Martin has a long history of building bespoke cars, recent examples being the CC-100 Speedster in 2013 and the Vantage GT12 Roadster last summer.

> **The only limit is your imagination — every new commission starts with a blank sheet of paper.**
> Matthew Bennett, GM for Q by Aston Martin

"You're talking about the fundamentals of how a car comes together," Dr. Bennett says. "There is as much reward in the interaction with Aston Martin as there is in the final car. It is a journey."

Those interested will need to get themselves down to company HQ, your local dealership, or Aston Martin's dedicated brand center in London's Mayfair district.

Exclusive DB11 from Q - Collection finished in Zaffe Blue paint. HANDOUT

metro SPORTS

Mont-St-Hilaire, Que., offensive lineman Laurent Duvernay-Tardif plans to finish med school even after signing a $41.25-million deal with Kansas City

IN BRIEF

Vikings let Peterson walk
Adrian Peterson, Minnesota's all-time leading rusher and a first-team All-Pro pick in four of his 10 seasons with the Vikings, will be an unrestricted free agent for the first time in his career when the market opens next week.

The Vikings, as expected, said Tuesday they will not exercise their option for 2017 on Peterson's contract, which called for the soon-to-be 32-year-old to make $18 million.

In another sobering reminder of the short shelf life for players at this position, Kansas City also released 30-year-old and four-time Pro Bowl running back Jamaal Charles on Tuesday. THE ASSOCIATED PRESS

Canada's Matheson out for 2017 domestic season
Veteran Canadian midfielder Diana Matheson will miss the entire 2017 NWSL season after tearing the anterior cruciate ligament in her left knee.

Seattle Reign FC said Matheson suffered the injury in February while training with the Canadian national team.
THE CANADIAN PRESS

Jays bats swing into spring
Jonathan Diaz and three other Jays hit home runs as Toronto downed Pittsburgh 12-0 on Tuesday for their first pre-season victory.

Joshua Palacios, Mike Ohlman and Matt Dean also went deep for the Jays (1-4).
THE CANADIAN PRESS

Blockbuster odds dampened by Vegas

NHL TRADE DEADLINE

Expansion draft ahead is likely to stunt major moves

Members of the Calgary Flames' front office have all been asking general manager Brad Treliving how expansion will affect the NHL trade deadline.

His answer: "It adds another layer" to an already complicated process.

The Las Vegas Golden Knights won't play their first game for seven months, but their presence is already causing disruption ahead of Wednesday's trade deadline. Clubs across the league have to consider the June 20 expansion draft when it comes to adding or subtracting players before the 3 p.m. ET deadline.

Vegas choose 30 players, including at least 14 forwards, nine defencemen and three goaltenders at the draft.

"I don't think it's going to necessarily stop moves, but I think it has an impact and I think it's going to make it a little bit stickier," Treliving said. "I think there's going to be deals that potentially could've gotten done or may have gotten done in another situation that may not get done because of the expansion implication."

It's the protection list for the expansion draft that really throws a wrench into the process. Teams can either protect seven forwards, three defencemen and one goaltender on June 17 or eight skaters and one goaltender. That makes trading for a player with term on his contract more complex, as teams need to consider loss of assets — draft picks, prospects, etc. — but also the possibility of losing an unprotected player in the expansion draft as a result of the trade.

Defenceman Kevin Shattenkirk — one of the bigger names available at the deadline — was traded from St. Louis to Washington on Monday night. BRUCE BENNETT/GETTY IMAGES

Said Treliving: "It's going to impact what you do in your protection list one way or another because either you're just bringing this guy and you're going to expose him — so now the assets you gave up are gone (and) the player could be gone — or is he an upgrade on somebody you would've protected otherwise and that person's out?"

Treliving's prediction of a largely rental-driven market has borne fruit with expiring contracts — highlighted by Ben Bishop and Kevin Shattenkirk — dominating the early shuffling.

Blockbuster trades might have to wait until the summer.

Take Matt Duchene for instance, the speedy Colorado Avalanche forward with two years left on his contract ($6 million US cap hit) who's reportedly available. Any team that trades for the 26-year-old would have to pay a hefty price in assets and potentially a player to expansion whom they might have kept otherwise.

"We're all dealing with this," Blue Jackets president John Davidson told the Columbus Post-Dispatch. "So when you make deals, you have to look at who now is going to be exposed, who's not, and are we going to pick a different format for protection.

"We'd like to do things, for sure," he added. "But not at the expense for two months as a rental. Not at the expense of pushing one more guy out there, exposed, this summer. With the prices being asked, it doesn't make sense." THE CANADIAN PRESS

> **"Now, you've added another box to check. How does this affect me expansion-wise?**
> Flames GM Brad Treliving

TRANSACTION ROUNDUP

Sens add wing depth

The Ottawa Senators picked up speedy winger Viktor Stalberg from the Carolina Hurricanes on Tuesday.

Viktor Stalberg GETTY IMAGES

Stalberg gives the Senators depth on the wing, joining 35-year-old Alexandre Burrows, who was acquired from Vancouver Monday.

The 31-year-old Swede has scored nine goals this season, including a pair short-handed.
THE CANADIAN PRESS

TUESDAY TRADES

CAROLINA-OTTAWA
TO SENATORS: VIKTOR STALBERG, F
TO CANES: THIRD-ROUND PICK (2017)

DETROIT-NEW YORK
TO RANGERS: BRENDAN SMITH, D
TO RED WINGS: THIRD-ROUNDER (2017), SECOND ROUNDER (2018)

BUFFALO-NEW YORK
TO SABRES: MAT BODIE, D
TO RANGERS: DANIEL CATENACCI, F

$1,800 WEIGHT LOSS GRANT

Do You Have More than 20 lbs to Lose? - Apply Today!

www.weightlossgrants.org

Visit www.weightlossgrants.org for full details.

Join us for a delicious COMPLIMENTARY Roast Beef Lunch!*

*WITH BEVERAGE PURCHASE • WEDNESDAYS ONLY
SERVING NOON TO 2:00 PM

the playmate
The Capital's Gentlemen's Club
175 Montreal Road • 613-745-0449 • thePlaymate.ca

DOWNLOAD METRO'S NEW APP NOW

OFFLINE READING

•LOCAL NEWS • VIEWS
•LIFE • SPORTS

MAKE IT TONIGHT

Crispy Cobb Salad

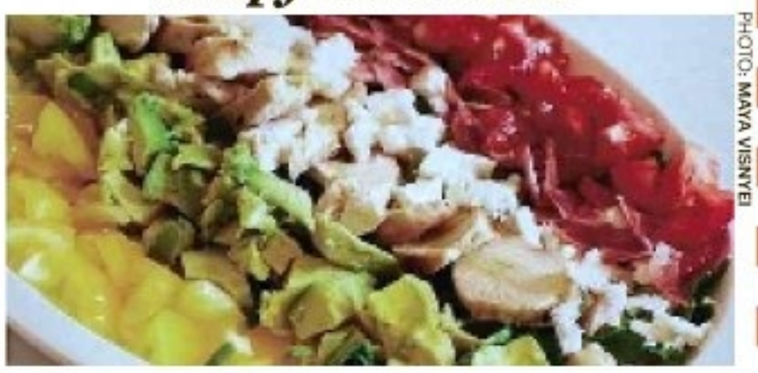


PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This mainstay of American luncheonette provides plenty of vitamins and minerals.

Ready in 1 hour 30 minutes
Prep time: 30 minutes
Cook time: 35 minutes
Serves 4

Ingredients
- 6 bacon slices
- head of lettuce (eg. romaine)
- 4 oz feta, crumbled
- 1 avocado, make 1 inch dice
- 2 tomatoes, make 1 - 2 inch dice
- 2 chicken breasts

For marinade:
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

For dressing:
- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil
- salt and pepper to taste

Directions

1. Whisk together marinade ingredients. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Place dressing ingredients in a jar, put on lid, and shake. Set aside.

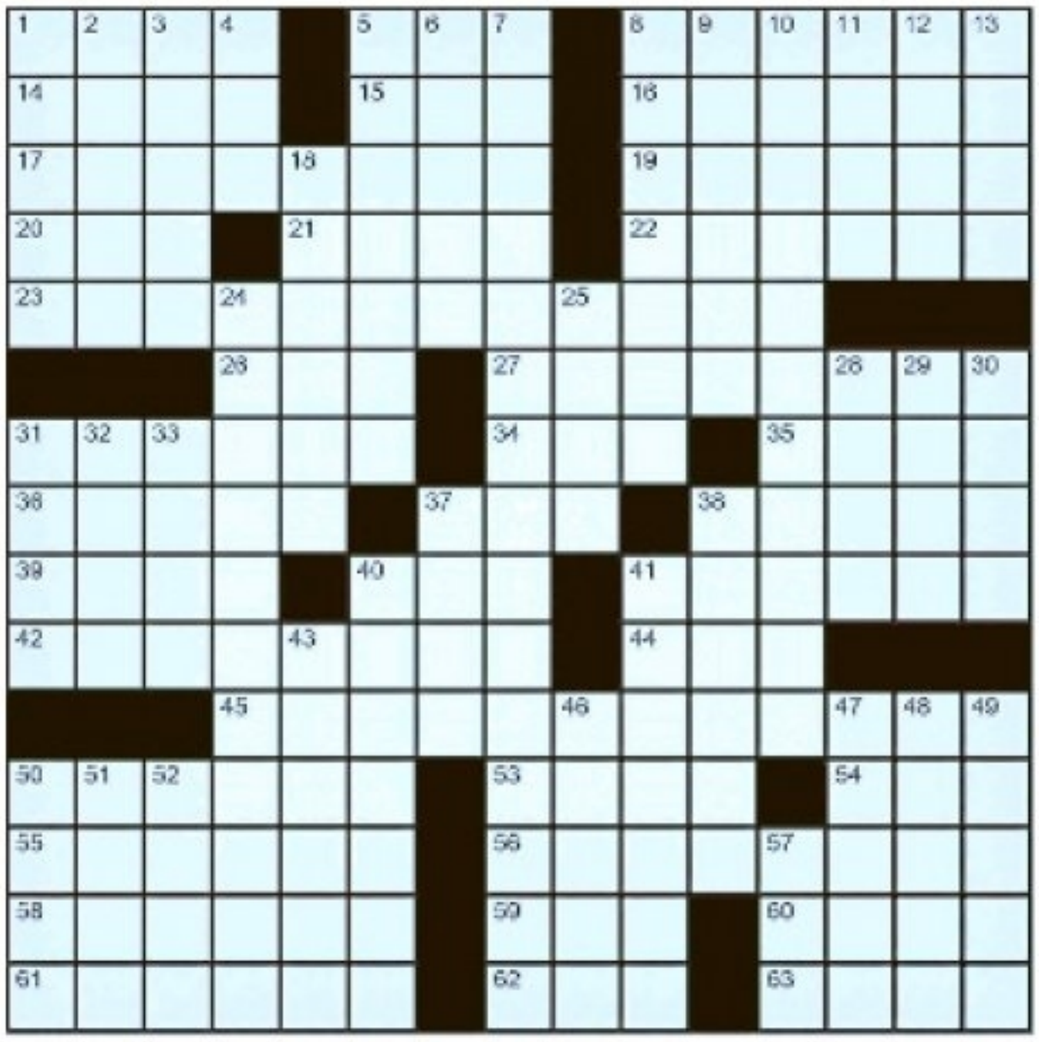
3. Sauté bacon until crisp. Drain on a paper towel. Crumble into small-ish pieces. Bake the breasts in the oven at 375 degrees; for about 35 minutes or until the internal temperature reaches 165. Allow the meat to rest for a few minutes and then slice across the breasts to make thin strips.

4. Wash, spin and chop the lettuce. Toss the lettuce in a bit of the dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter: tomatoes, avocado, cheese, bacon, chicken, tomato. Serve with dressing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canadian as Cdn.
5. _-relief
8. Premier of the Province of Canada, from 1854 to 1856, Sir Allan _ (b.1798 - d.1862)
14. Stethoscope sound
15. Li'l Edmonton transport
16. Getting _ _ (Employee's wish)
17. Neil Peart's time to shine: 2 wds.
19. Stuff in tea
20. Olympic sprint champion from Jamaica ...his initials-sharers
21. "Trainspotting" (1996) star Mr. Bremner
22. "Insensitive" songstress Jann's
23. First day of Lent: 2 wds.
26. Madness: "_ House"
27. Tracked toy racers: 2 wds.
31. Turbulent
34. Golf standard
35. "Drive thy business _ _ will drive thee." - Benjamin Franklin
36. Pulls on
37. Classify
38. Oscar-winning actress Jessica
39. Nero's 591
40. Chairman Mao's military gr.
41. Like some not-suitable-for-all movies: wd. + letter
42. Where to find "Savoy Truffle" on The Beatles' 'White Album': 2 wds.
44. Pub drink
45. Terrain in "Bud the Spud" by Stompin' Tom Connors: 3 wds.
50. Celebrated
53. Tripled letters here
54. Journey's "_ Way You Want It"
55. Poet T.S., and surnamesakes
56. Belonging to Edmonton's locale
58. Beside: 2 wds.
59. Gladiator's 551
60. _ Space Museum of Calgary
61. Begins to take effect: 2 wds.
62. Roosted
63. Choir-performed tune

DOWN
1. Per _ Ad Astra (Through adversity to the stars)
2. Digs
3. Makeup kit item
4. A.m.e.r.i.c.a.n. b.a.n.d.
5. Fluff-the-hair
6. "Over the Rainbow" co-composer Harold
7. Neolithic artifacts: 2 wds.
8. Bull's bane in Spain
9. Mount _ (Biblical peak for Noah)
10. Like chocolate-in-the-middle Smarties
11. "The Whole _ Yards" (2000)
12. Pet Shop Boys hit: "It's _ _"
13. Stiller and Affleck
18. No-_-_ (Biting midges)
24. Construction site footwear, fun-style: 2 wds.
25. Smelting waste
28. "Rule, Britannia" composer
29. John _ (Lorna Doone's beloved in literature)
30. "The Best of Times" band
31. Director Mr. Pollack, et al.
32. Danny DeVito sitcom
33. Post-vinyl music's whereabouts: wd. + acr.
37. Promote
38. Nan A. _ (Book publisher)
40. Fish, in Fabreville
41. Welsh _ (Melted cheese-on-toast dish)
43. "Tutti _"
46. _ _ story (Narrate)
47. "Ahoy, _!"
48. Make munitions-less
49. Vacuum brand
50. Marshes
51. Sailor's sheltered side
52. Combined/blended, archaically
57. "Way to go!"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because today you are tempted to do something rash. Heads up! Get centered and get a hold of yourself so you don't do something you later regret.

Taurus April 21 - May 21
You feel restless today. The important thing to know is that this is just a temporary vibe that will grab you by the throat. Don't worry about it, because this will be gone by tomorrow.

Gemini May 22 - June 21
Quite likely, a friend will say or do something that surprises you or catches you off guard. Be ready for this. Remember: Count to five before you react.

Cancer June 22 - July 23
A discussion with a boss or parent will be unusual today. He or she might throw you a curveball or do something you don't expect. (Don't quit your day job.)

Leo July 24 - Aug. 23
Travel plans will change today, or they might be canceled or delayed. On the other hand, you might suddenly have to travel even if you didn't expect to do so. Stay flexible today.

Virgo Aug. 24 - Sept. 23
Double-check all details concerning inheritances, shared property, taxes, debt and insurance issues, because something might change suddenly. Be sure you know what's happening.

Libra Sept. 24 - Oct. 23
A partner or close friend might act weird or unusual today, or perhaps he or she will have a strange request. Don't overreact — whatever happens will be history in a few days.

Scorpio Oct. 24 - Nov. 22
Your work routine will change today because of something unexpected. Staff shortages, computer crashes, equipment breakdowns and canceled appointments are just some examples. Steady as she goes.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Likewise, romantic couples might have a spat. This is a minor influence, but it's there. Keep your eyes open.

Capricorn Dec. 22 - Jan. 20
Your home routine will be interrupted today. Small appliances might break down, or minor breakages could occur. Someone unexpected might knock on your door.

Aquarius Jan. 21 - Feb. 19
Surprise news might reach you today, or someone close to you might do something unexpected. On the upside, you can think outside of the box and dream up good ideas.

Pisces
Feb. 20 - March 20
Watch your money and cash flow today, because you might find money or you might lose money. Similarly, guard your possessions against loss or theft.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3		9				1		2
			2		7			
	4		9	3	5		6	
9				1				4
	2		6	4	8		7	
			8		1			
8		5				9		3

©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS •LIFE • SPORTS >>>

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

4	2	1	9	8	6	3	5	7
7	6	8	3	5	1	4	9	2
9	5	3	2	7	4	1	6	8
1	8	7	4	2	9	5	3	6
2	3	9	5	6	8	7	1	4
5	4	6	7	1	3	2	8	9
8	9	4	1	3	2	6	7	5
3	7	2	6	9	5	8	4	1
6	1	5	8	4	7	9	2	3

Life Celebrations ✦ Memorials ✦ Catered Receptions ✦ Funerals ✦ Cremations ✦ Burials

Whatever your wishes...

Beechwood has everything in one beautiful location. You can choose all of our services or only those that you want.

BEECHWOOD IS NOT PUBLICLY FUNDED AND OPERATES ON A NOT-FOR-PROFIT BASIS, unique within the Ottawa community. In choosing Beechwood, you can take comfort in knowing that all funds are used for the maintenance, enhancement and preservation of this National Historic Site. That's a beautiful thing to be a part of and comforting to many.

BEECHWOOD IS ONE OF A KIND. People enjoy our botanical gardens, including our annual spring display of 35,000 tulips and our spectacular fall colours. Others come for historic tours or to pay tribute in our sections designated as Canada's National Military Cemetery and The RCMP National Memorial Cemetery. School groups visit Macoun Marsh, our unique urban wetland. Concerts are hosted in our Sacred Space. Beechwood truly is a special place.

Services funéraires, cimetière et crémation

BEECHWOOD

Funeral, Cemetery and Cremation Services

For no-obligation inquiries

(613) 741-9530

www.beechwoodottawa.ca

280 Beechwood Ave., Ottawa

Open to the public daily. Serving all cultural, ethnic and faith groups.
Brochures for a self-guided tour are available at reception.

Owned by The Beechwood Cemetery Foundation and operated by The Beechwood Cemetery Company